

## Claims:

1. A method of boring a tunnel by means of an earth pressure balance tunnel boring machine, comprising the injection at the cutting head of a foamed aqueous solution and an aqueous solution of a water-soluble acrylic acid-based polymer.  
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2. A method according to claim 1, in which the aqueous solution for foaming and the aqueous solution of water-soluble acrylic acid-based polymer is added as a single material.  
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3. A foaming solution for use with earth pressure balance tunnel boring machines, comprising an aqueous solution of an acrylic acid-based polymer and an anionic surfactant selected from sulphate esters, sulphate ethers and sulphonates.
- 15 4. A foaming solution according to claim 3, in which the surfactant is a lauryl ether sulphate, whose ether portion consists of two oxyethyl units maximum.